



# GRAPEVINE MARCH 2020

Claire W. Teague Senior Center \* 917 Main Street \* Great Barrington \* MA 01230  
 Polly Mann Salenovich, Director \*\*\* Joan Peters, Administrative Assistant  
[www.greatbarringtonseniors.com](http://www.greatbarringtonseniors.com)

Open Monday through Friday \* (except holidays) \* 8:00 AM to 3:30 PM

**Center:** 413-528-1881 **Dining Room:** 413-528-4118 [www.townofgb.org](http://www.townofgb.org) **Transportation** (413) 528-4773



## Massachusetts Equipment Distribution Program

At the Claire Teague Senior Center

March 17th At 10:30 AM

If you live with a disability, the Massachusetts Equipment Distribution Program (Mass EDP) may be able to provide you with a specialized telephone network. Depending on your income level, these telephones may be offered for free or at reduced cost.

Mass EDP only provides home telephones with land line service.

*Wherever you go and what ever you do .... May the luck of the IRISH be there with you.*



## Spring into Spring

with musician,  
 Bill Shontz

Thursday March 19

11:15 -12:15

We'll be having our **First of the Season Cookout**



with potato salad and beans.....Let's keep our fingers crossed that Polly won't have to be out there with a parka and snowshoes! hahaha!

## Monument Mountain High School Musical Presentation

Seniors are cordially invited to a **FREE** evening of Rodgers & Hammerstein's



## Cinderella

Monday; Mar 30, 2020 at 6 pm

**Snacks and drinks provided courtesy of National Honors Society.**  
**Please RSVP to (413) 528-1881.**

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### ***Pancakes & Bingo With Barbara Bailly***

Two Saturdays in March  
March 14th  
March 28th  
10 AM

Come share breakfast and  
some fun. Please sign up in  
the dining room or call us at  
413-528-1881.

### **Juggling classes**

Free for the First Four Weeks of March -

Join us Fridays at 12:30 pm.

The BBC today reports that “complex tasks such as juggling produce significant changes to the structure of the brain”. These findings come from a study that performed brain scans on 48 volunteers before and after a six-week period, in which half of them were learning how to juggle. At the end of the study, jugglers showed a 5% increase in the white matter in an area at the back of the brain called the intraparietal sulcus. This is an area that is involved in “reaching and grasping for objects in our peripheral vision”.

This study indicates that learning a complex skill can result in changes in brain structure. This research will be of interest to the research community, but at the moment the practical implications of these findings are unclear. One of the authors suggests that this sort of knowledge could eventually help in developing new treatments for neurological diseases, but acknowledges that such clinical applications are a long way off.

**HAPPY ST. PATRICK'S DAY!!!**

**March 26th at 1 pm  
Carol Owens**

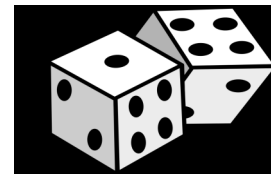
Author and writer  
will be leading you in a workshop to  
**create memoirs** for your grandkids  
and the next generation. Please  
bring sample photos. This workshop  
is free and open to the public.  
Please sign up in the dining room or  
call 413-528-1881.

**Tuesday, March 3rd**

**At 10 am**

Sponsored by Fallon  
Health's NaviCare

**FREE FUN**



**Join us for a Morning of Left, Right and  
Center dice games with Prizes and  
Snacks. Please sign up in the  
dining room.**

### ***Claire Teague Senior Center is now RSVP Station!!***

I am pleased to announce that the Claire Teague Senior Center is now a RSVP Station. Retired Senior Volunteer Program (RSVP) has many volunteer opportunities available. Volunteer Coordinator, Diane Monterosso will be on site in the lobby of the senior center on Wednesday, March 11<sup>th</sup> at 10:30. I am especially excited about the possibility of having a broader base of volunteer drivers to meet the **transportation needs of our seniors**. There are many different opportunities available and Diane will discuss all of them and the benefits. For direct questions about RSVP; please call at (413) 499-9345.

RSVP is a national organization funded in part by the [Corporation for National & Community Service \(Senior Corps\)](#) & sponsored locally by the City of Pittsfield. RSVP has chapters in every county of our country, with over a half million volunteers.



The Claire Teague Senior Center is now hosting a **free weekly legal clinic** on Thursdays from 11:30-12:30. No appointments required; simply drop in. The clinic is staffed by the [Berkshire Center for Justice](#), which offers services (health care proxies, wills, power of attorney, etc.) for prospective clients who are 60 or older.

The drop-in legal clinic is a grant-funded program that will be available while funding is available.

Claire Teague & Sheffield Senior Centers present::



### **MGM Casino & Lunch at The Student Prince Thursday, April 30th**

Enjoy a delicious lunch at the Student Prince (a charming German-style restaurant), spend the afternoon at MGM Springfield Casino. Everyone receives \$20 free bet and \$10 food bonus!

Cost is \$86 pp based on 40-52

Payment is due: March 20, 2020

Make checks payable to Friendship Tours

Depart: 10:15 am from Sheffield Senior Center

Estimate Return: 5:30 pm Sheffield

**For more information about either trip or to make reservations, Please call 413-229-7037.**

Claire Teague & Sheffield Senior Centers present::



### **The River Rose Cruise Newburgh, NY Thursday, July 30th**

A two hour narrated tour of historically significant sites such as Bannerman's Island, Catskill Water Aqueduct, Storm King Mountain, Village of Cold Spring and West Point.

Prior to the cruise, enjoy lunch at the River Grille which features delicious food and magnificent water views.

Cost: \$104 pp based on 40-52

Depart: 9 am Sheffield Senior Center

Estimated Return: 6:30 pm Sheffield

Payment Due: June 19th

Make checks payable to: Friendship Tours

## HAPPY BIRTHDAY

Elizabeth Macchi	March 2
Roberta Nussbaum	March 3
Rosemary Smith	March 3
David Rosenburg	March 5
Cathy Walker	March 6
Patricia Broughan	March 7
Evelyn Race	March 7
David Tucker	March 8
Kathi Casey	March 11
Mary Vogt	March 12
Bruce Bailly	March 14
Norbert Gudath	March 15
Alice Olender	March 16
Susan Peisner	March 16
Marylynn Hall	March 16
Judith Corbett	March 16
Pat Shultis	March 19
Barbara Bailly	March 20
Rachel Shaw	March 20
Mimi Hassett	March 23
Steve Strommer	March 23
Jean Kollmer	March 23
Alan Buckes	March 25
Lynn Stonebridge	March 25
Michelle Loubert	March 25
Veronica Deome	March 26
Jean McCarthy	March 30

## EXERCISE CLASSES

### MONDAY:

9:15 AM- Cross Training with Misha (\$3.50)  
 10:30 AM- Awareness Through Movement with Misha (floor) (\$3.50)  
 1:00 PM– Beginners Tap Dancing with Carolyn (\$5.00)  
 2:00 PM- Intermediate Tap Dancing w/ Carolyn (\$5.00)

### TUESDAY:

9:30 AM- Move & Groove w/ Dee Foster (\$3.00)  
 9:45 AM– Pilates for Osteoporosis Prevention with Kathi (\$5.00) *\*Challenging Class\**  
 3:30 PM- Strength Training with Christine (\$3.00)

### WEDNESDAY:

9:30 AM- Easy Does it Yoga with Joanne (\$5.00)  
 9:45 AM Move & Groove II w/ Dee Foster (\$3.00)

### THURSDAY:

9:30 AM– Move & Groove w/ Dee Foster (\$3.00)  
 4:00 PM- Misha's Advanced Class (\$10.00)

### FRIDAY:

9:00 AM- Tai Chi with Christine (\$3.00)  
 10:00 AM -Chair Exercises with Ann (**Free**)  
 1:00 PM– Beginners Tap Dancing (\$5.00)  
 2:00 PM- Intermediate Tap Dancing (\$5.00)

## ART CLASSES

Wed.at 2:30 pm "Painting with Margaret"

Wednesday at 3:00 pm "Decorative Arts"

Thursday at 9:30 am "Vera's Painting Class"

Thursday at 1:00 pm "Art Class w/ Eunice"

\*If you have any further questions, please call the center at 528-1881\*

JOIN US ON

Friday March 13th at 12:30 pm for the 2019 version of

## LITTLE WOMEN

with Meryl Streep  
 Sign up in the dining room.





### Messages from the SHINE Program!

#### Do You Have Medicare and Need to Change Plans?

Did you change your Medicare or Medicare Advantage plan last fall?

Were your prescription **costs much higher** than expected?

Are your **bills much higher** than anticipated?

**Don't be trapped** into paying more than you should!

Please know that Medicare has acknowledged that some people may have "made the wrong plan choice because of inaccurate information from the new Plan Finder website."

They advise you to **call 1-800-MEDICARE (1-800-633-4227)** and explain your situation. The Call Center representatives can help you *throughout the year* with options for **making changes**. If you would like to **research your options** before making that call, you can **talk with a SHINE counselor by calling 1-800-243-4636**/your town's senior center.

#### Social Security Phone Scam with a Twist

The Inspector General is warning seniors that **scammers are not only calling and pretending to be government employees...** threatening legal action and demanding money or gift cards!! They are *now sending fake documents by email* to convince you to do what they ask... some documents *even look like official Social Security letterhead!*

**Social Security does not send official reports by email; Social Security will never** threaten you with arrest or other legal action over a fine or fee; **Social Security will never** ask for payment by gift card, cash or wire transfer.

*The Social Security Administration will send you a letter by MAIL if there is an issue with your Social Security account.* If you get such a call, **hang up or call the police, or Senior Medicare Patrol at 1-800-243-4636.**

### 2020 SCAM ALERT



The calendar has rolled over to 2020 and the new year has created an opportunity for individuals to be taken advantage of and it all relates to the manner in how you write the year on documents.

Many people will write on a check or other legal documents the date Jan. 4, 2020 in the format as 1/4/20. This provides a scammer with an opportunity as they can now add digits to the end of the year. In this example, the year can be changed to 1/4/2021 or 1/4/2019 (or any other year) just by adding two numbers to the end of the year. What is the risk? Suppose you wrote a check to someone with the 1/4/20 date and they lose it. You issue another check and they cash it. A year later, the lost check has become stale dated but that person finds the check, They can change the date to 1/4/2021 (by adding the "21" to the end of the date) and now it is no longer stale dated and can be cashed.

Another example would be that you sign a loan agreement with an individual or business. The person or business agrees to loan you the money and you sign the loan document and date it 1/4/20. After a month or so, the loaner alters the date to 1/4/2019 by adding the '19' to the end of the date and now they can argue that you owe one year's worth of payments.

The way to protect yourself is easy-write the entire year on any legal document that you sign.



**Join us on  
Thursday  
March 19th  
At 1 PM**

**John Wheeler  
The Mycolodge**

**Will be here to talk with us all about  
Mushrooms.**



March 2020				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement <b>11:30 LUNCH-Orange Chicken</b> 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>3</p> <p>9:30 Move &amp; Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword <b>10:00 Fallon Health's FREE FUN</b> 11:00 Therapy Dog Cara <b>11:30 LUNCH- Beef Chili</b> 12:00 Bridge 12:30 Bingo (and Pizza) ** 3:30 Strength Training</p>	<p>4</p> <p>9:30 Easy Does It Yoga 9:45 Move and Groove II <b>11:30 LUNCH- Sliced Turkey and Gravy</b> 12:00 Pitch 2:30 Painting with Margaret 3:00 Decorative Arts</p>	<p>5</p> <p>9:30 Vera's Painting Class 9:30 Move &amp; Groove 10:30 News &amp; Views 11:00 Therapy Dog Dixie <b>11:30 LUNCH- Chuck wagon Stew</b> <b>11:30-12:30 Free Legal Clinic</b> <b>12:15 GAME DAY ~ Wii</b> 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>6</p> <p>9:00 Tai Chi 9:00-12:00 SHINE by Appt. 10:00 Ann's Chair Exercise <b>11:30 LUNCH-Cheese Lasagna w Marina</b> <b>12:30 JUGGLING CLASSES</b> <b>12:30 KNITTING TOGETHER</b> 1:00-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>9</p> <p><b>9:00 Foot Nurse by Appointment</b> 9:15 Cross Training 10:30 Awareness through Movement <b>11:30 LUNCH- Salisbury Steak w gravy</b> 12:00- 2:00 Computer Class by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>10</p> <p>9:30 Move &amp; Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Cara <b>11:30 LUNCH- Roast Pork w gravy</b> 12:00 Bridge 12:30 Bingo ** 3:30 Strength Training</p>	<p>11</p> <p><b>BROWN BAG 12:30-3:30</b>  9:30 Easy Does It Yoga 9:45 Move and Groove II <b>10:30 LEARN ABOUT RSVP</b> <b>11:30 LUNCH- Veal w Peppers &amp; Onions</b> 12:00 Pitch 2:30 Painting with Margaret 3:00 Decorative Arts</p>	<p>12</p> <p>9:30 Vera's Painting Class 9:30 Move &amp; Groove 10:30 News &amp; Views 11:00 Therapy Dog Dixie <b>11:30-12:30 Free Legal Clinic</b> <b>11:30 LUNCH - Broccoli w Cheese FREE</b> <b>LUNCH for VETERANS</b> <b>12:15 GAME DAY~ Wii</b> 1:00 Art Class- Eunice Agar 4:00 Women's Cancer Support Group 4:00 Misha's Advanced Exercise</p>	<p>13</p> <p>9:00 Tai Chi 9:00-12:00 SHINE by Appt. 10:00 Ann's Chair Exercise <b>11:30 LUNCH-Lentil Stew</b> <b>12:30 JUGGLING CLASSES</b> <b>12:30 Movie (2019) Little Women</b> <b>12:30 KNITTING TOGETHER</b> 1:00-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>16</p> <p>9:15 Cross Training 10:30 Awareness through Movement <b>11:30 LUNCH-Ravioli w Meat Sauce</b> 12:00-2:00 Computer Class by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>17</p> <p>9:30 Move &amp; Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword <b>10:30 MASS EDP PRESENTATION **</b> <b>10:30 BLOOD PRESSURE CLINIC</b> 11:00 Therapy Dog Cara <b>11:30 St Patrick's Day Lunch</b> <b>Sliced Cornbeef, potatoes and cabbage</b> 12:00 Bridge 12:30 Bingo ** 3:30 Strength Training</p>	<p>18</p> <p>9:30 Easy Does It Yoga 9:45 Move and Groove II <b>11:30 LUNCH – Barbecue Chicken Breast</b> <b>(interview w Town Staff during lunch)</b> 12:00 Pitch <b>1:00-2:30 Caregiver Support Group</b> 1:30 MELT Pain Workshop 2:30 Painting with Margaret 3:00 Decorative Arts</p>	<p>19</p> <p>9:30 Vera's Painting Class 9:30 Move &amp; Groove 10:30 News &amp; Views 11:00 Therapy Dog Dixie <b>11:15 Spring Into Spring w Bill Shontz **</b> <b>11:30 LUNCH- FIRST COOKOUT-</b> <b>Hamburg, hotdogs, potato salad, beans</b> <b>11:30-12:30 Free Legal Clinic</b> <b>12:15 GAME DAY~ Wii</b> 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>20</p> <p>9:00 Tai Chi 9:00-12:00 SHINE by Appt 10:00 Ann's Chair Exercise <b>11:30 LUNCH-Pollock Loins</b> <b>12:30 JUGGLING CLASSES</b> <b>12:30 KNITTING TOGETHER</b> 1:00-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>23</p> <p>9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement <b>11:30 LUNCH-Moroccan Beef Stew</b> 12:00- 2:00 Computer Class by Appt. 12:30 Bingo &amp; Ice Cream 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>24</p> <p>9:30 Move &amp; Groove 9:45 Pilates for Osteoporosis Prevention 10:00-11:00 <b>TRIAD</b> 10:00 Crossword 11:00 Therapy Dog Cara <b>11:30 LUNCH – Chicken Marsala</b> 12:00 Bridge 12:30 Bingo ** 3:30 Strength Training</p>	<p>25</p> <p>9:30 Easy Does It Yoga 9:45 Move and Groove II <b>11:30 LUNCH- Macaroni and Cheese</b> 12:00 Pitch 1:15 <b>COA Meeting</b> 1:30 MELT Pain Workshop 2:30 Painting with Margaret 3:00 Decorative Arts</p>	<p>26</p> <p>9:30 Vera's Painting Class 9:30 Move &amp; Groove 10:30 News &amp; Views 11:00 Therapy Dog Dixie <b>11:30-12:30 Free Legal Clinic</b> <b>11:30 LUNCH- Meatloaf and Gravy</b> <b>11:30 BLOOD PRESSURE CLINIC</b> <b>12:15 GAME DAY~ Wii</b> <b>1:00 Carol Owens-Creating Memoirs **</b> 1:00 Art Class- Eunice Agar 4:00 Women's Cancer Support Group 4:00 Misha's Advanced Exercise</p>	<p>27</p> <p>9:00 Tai Chi 9:00-12:00 SHINE by Appt 10:00 Ann's Chair Exercise <b>11:30 LUNCH-Tuna Salad</b> <b>12:30 JUGGLING CLASSES</b> <b>12:30 KNITTING TOGETHER</b> 1:00-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>30</p> <p>9:15 Cross Training 10:30 Awareness through Movement <b>11:30 LUNCH-Chicken Piccata</b> 12:00-2:00 Computer Class by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>31</p> <p>9:30 Move &amp; Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Cara <b>11:30 LUNCH - Goulash</b> 12:00 Bridge 12:30 Bingo ** 3:30 Strength Training</p>	<p><b>SATURDAYS March 14<sup>th</sup> and 28<sup>th</sup> ~ Pancake and Bingo with Barbara Bailly</b></p> <hr/> <p><b>The Claire Teague Senior Center will be paying for your SBETC transportation rider fee for these events:</b>  <b>1) MASS EDP PRESENTATION on March 17<sup>th</sup></b>  <b>2) Spring into Spring w Bill Shontz on March 19<sup>th</sup> - FIRST COOKOUT- Hamburg, hotdogs, potato salad, beans</b>  <b>3) Carol Owens ~ Creating Memoirs for the Next Generation on March 26<sup>th</sup></b>  <b>4) Tuesdays Lunch and Bingo.</b>  Please make your reservations with SBETC as soon as possible, by calling them at 528-4773.</p>		

# Elder Services of Berkshire County - Nutrition Program

**MARCH 2020**

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>2</b>	Orange Chicken Peas & Pearl Onions Boiled Red Potatoes Oat Nut Bread Pineapple Tidbits	<b>3</b> Beef Chili Steamed Brown Rice Mixed greens Mini Corn Bread Loaf Sliced Peas	184 5 140 211 5	<b>4</b> Sliced Turkey & Gravy Mashed Potatoes Butternut Squash Dinner Roll Cranberry Sauce Banana	472 97 34 210 8 1	<b>5</b> Chuckwagon Stew Minestrone Soup Broccoli Florets 100% Whole Wheat Applesauce	394 63 22 120 0	<b>6</b> Cheese Lasagna w/Marinara * Sliced Carrots Italian Beans Oat Nut Bread Fruit Cocktail	501 43 3 150 5
Calories: 634 Sodium: 618		Calories: 745 Sodium: 679		Calories: 670 Sodium: 947		Calories: 586 Sodium: 724		Calories: 674 Sodium: 827	
<b>9</b>	Salisbury Steak w Gravy Rice w/Orzo Lyonaise Carrots 12 Grain Bread Fresh Orange	<b>10</b> Roast Pork w/Gravy Sweet Potatoes Cauliflower Dinner Roll Tropical Fruit Mix	302 6 74 200 0	<b>11</b> Veal w/Peppers and Onions AuGratin Potatoes Beets 100% Whole Wheat Bread Pineapple Chunks	405 93 26 120 1	<b>12</b> Broccoli & Cheese Stuffed Chicken w/Gravy Mashed Potatoes Spinach Oat Nut Bread Diced Peas	417 97 76 150 10	<b>13</b> Lentil Stew Mixed Greens Peas w/Mushrooms 12 Grain Bread Sliced Peaches	104 140 65 200 0
Calories: 634 Sodium: 707		Calories: 572 Sodium: 521		Calories: 697 Sodium: 770		Calories: 727 Sodium: 875		Calories: 588 Sodium: 640	
<b>16</b>	Ravioli w Meat Sauce Broccoli Florets Italian Blend Vegetables Oat Nut Bread Fruit Cocktail	<b>17 St. Pat's Day</b> Sliced Corned Beef O'Brien Potatoes Steamed Cabbage 100% Whole Wheat Bread Green Gelatin w/Pears	250 22 40 150 5	<b>18</b> BBQ Chicken Breast * Buttered Noodles Sliced Carrots 12 Grain Bread Mandarin Oranges	601 8 43 200 6	<b>19</b> Calico Beans & Sausage Steamed Brown Rice Cauliflower w/Pimiento Pumpkinseed Bread Apricots	460 5 17 154 5	<b>20</b> Pollock Loaf Sliced Gold Potatoes Mashed Butternut Squash Dinner Roll Applesauce Tartar Sauce	250 4 2 210 0 201
Calories: 559 Sodium: 601		Calories: 506 Sodium: 902		Calories: 650 Sodium: 1043		Calories: 724 Sodium: 775		Calories: 591 Sodium: 852	
<b>23</b>	Moroccan Beef Stew Red Potatoes Mixed Greens 100% Whole Wheat Sliced Peas	<b>24</b> Chicken Marsala Mashed Potatoes Mixed Vegetables Oat Nut Bread Fresh Orange	178 4 140 120 5	<b>25</b> Macaroni & Cheese * Stewed Tomatoes Green Beans Whole Wheat Bread Sliced Peaches	627 101 3 120 6	<b>26</b> Meatloaf w/Gravy Scalloped Potatoes Brussels Sprouts 12 Grain Bread Lemon Bavarian	371 20 5 200 183	<b>27</b> Tuna Salad Tomato Rice Soup Peas and Carrots Hot Dog Roll Warm Fruit Compote	309 323 69 180 7
Calories: 681 Sodium: 581		Calories: 719 Sodium: 775		Calories: 626 Sodium: 982		Calories: 579 Sodium: 904		Calories: 860 Sodium: 1103	
<b>30</b>	Chicken Piccata Mashed Potatoes Broccoli Florets 12 Grain Bread Fig Bar	<b>31</b> Goulash Spinach Sliced Carrots Italian Bread Fruit Cocktail Tossed Salad (dining sites)	254 97 22 200 80 0	 <b>MEALS@WHEELS</b> BERKSHIRE COUNTY		 Sponsored in part by:		<b>HOME DELIVERED MEALS:</b> If you will not be home when your meal is delivered please CALL our NUTRITION HOTLINE at 1-800-981-5201	
Calories: 778 Sodium: 778		Calories: 645 Sodium: 573							

**Dietary Information:** All meals include 1% Milk 110 calories/125 mg sodium

Calories and sodium from salad dressings, butter, crackers and condiments

are not included. \*Higher Sodium \*\*Modifications for restricted sugar available

Nutrition information provided is not exact but will help guide you.

Menu subject to change.

## **Beth Wilson**

*By Nora Hayes*

At 90 Beth is sturdy, determined and very capable. She is sure no one will be interested in her "boring" life so why don't we see...

Beth is a real "local" born in Pittsfield at House of Mercy Hospital before her home town of Great Barrington had its own hospital (Fairview Hospital was opened shortly after her birth).

She remembers Great Barrington as a very rural community made up largely of farms and farm families with a total population of just 4,000 residents. She was raised in Great Barrington and played outdoors, free with a core group of local kids. Her dad was a general practitioner and was called out many times for home visits and to assist in the delivery of newborns.

Beth remembers Tanglewood from an early age; her parents bringing her and her younger sister to sit on a blanket on the lawn. She attributes her lifelong love of classical music to these early concerts.

When Beth was 12, the family moved to Connecticut, mainly because her mother did not care for life in the Berkshires. So from age 12 to when she was married at 24, Beth lived in Hartford CT-a very different setting from her small town girl younger years.

Prior to marriage Beth attended Syracuse University and majored in Art. She switched to advertising design to increase her job prospects, but learned she did not have the extroverted personality to succeed in her field.

Beth was employed at the home office of an insurance company's IBM department, putting out a monthly report to the field when she met her future husband, Bill Wilson, an aeronautical engineer. After marriage, Beth stayed home after her first baby was born and raised her children and managed family life while the family moved from Connecticut to New Jersey to Valley Forge, Pennsylvania and then to Rhode Island to follow Bill's career.

In a funny twist of fate, Beth and Bill returned to the Berkshires in 1995 for a vacation weekend. They found the old family farm had been sold many times and had finally been abandoned. Although the couple had already planned to retire to Cape Cod, they felt a strong pull to take a look at Beth's much loved childhood home. They found a local realtor, an old friend from that core group of neighborhood friends and began to explore possibilities.

In 1995, the Wilsons returned for good. They purchased a parcel of land that had been part of the family farm and built a home there. The circle was complete. Beth reports that her husband fell in love with his wife's home town and they enjoyed an active social life with her old crowd and the next 15 years of retirement. The couple traveled widely and enjoyed coming home to their special place. Bill volunteered on the town finance committee and enjoyed golfing with his buddies.

Beth was widowed in 2011. She stays in touch with her children especially her daughter but none of her children live close by. She is active in the garden club and remains involved with art. She showed me many of the lovely works of art in her home.

Beth's recipe for a healthy old age is to stay active...she gardens, paints and goes to exercise classes including strength training and Tai Chi. She is modest when asked about her accomplishments, but she is perhaps indicating the modesty of the "housewives" of her generation who bore the children, managed the household and anchored the family with skill and grace. Husbands went to work and succeeded because home base was covered.

And, by the way, Beth's paintings (a few) are on display at the Claire Teague Center, really beautiful. Maybe she needs to do a show? Hope she will. Her talent should be shared.





# Saint Patrick's Day

March 17

J	Q	Y	E	S	H	A	M	R	O	C	K	G	B	I
S	J	E	L	U	N	T	D	K	Z	R	X	T	I	V
M	L	W	I	Y	K	B	B	E	C	L	O	V	E	R
M	E	B	M	D	Y	B	I	X	J	D	I	U	Q	A
B	P	B	E	K	A	P	N	R	U	U	L	R	E	I
B	R	H	R	G	U	N	N	V	E	B	T	L	G	N
Y	E	A	I	E	O	C	C	Y	K	L	S	S	L	B
Q	C	Y	C	D	Z	L	P	E	H	I	A	U	V	O
G	H	Q	K	A	Z	C	D	E	B	N	C	N	L	W
H	A	I	A	R	X	V	M	Y	L	K	E	C	D	B
F	U	B	B	A	X	E	Z	F	A	E	B	H	J	H
V	N	E	K	P	R	M	L	B	R	P	R	A	C	E
J	Z	P	D	A	J	M	N	G	N	P	Q	R	J	R
P	P	N	L	E	E	J	D	I	E	P	A	M	X	B
Q	O	D	R	Z	E	M	H	Q	Y	M	M	V	H	I

BLARNEY  
CHARM  
CLOVER  
DANCE  
DUBLIN  
EMERALD

GOLD  
GREEN  
IRELAND  
ISLE  
LEPRECHAUN  
LIMERICK

LUCK  
MARCH  
PARADE  
RAINBOW  
SHAMROCK

